

 **Prep:** 15 minutes
 **Cook:** 4 hours
 **Servings:** 8

Slow-Simmered Beef, Beans and Onions

INGREDIENTS

1 Tbsp olive oil
3 1/2-4 lbs beef chuck roast, *trimmed and cut into cubes*
1 pkg (1 oz) dry onion soup mix
1 1/2 cups water
1 large onion, *chopped*
4 medium carrots, *peeled and sliced*
3 ribs celery, *chopped*
1 can (~16 oz) Kidney Beans, any variety, *drained*

DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Brown beef completely.
2. Combine beef (with pan juices), soup mix, water and vegetables in slow cooker. Top with beans.
3. Cover and cook 4 hours on low.

Nutrition Information per serving (without sour cream):

Calories 770	Carbohydrate 13.5g	Calcium 62mg (5%)
Total Fat 57g	Fiber 3.4g	Iron 7mg (37%)
Saturated Fat 22g	Sugars 3.3g	Potassium 734mg (16%)
	Protein 54.5g	

